

Falls Church Recreation and Parks

Fall 2007



**City of Falls Church Farmers' Market
Sunset Cinema Series
14th Annual Farm Day
Veterans Day Ceremony
Holiday Craft Show**

See page 4 for details

photo by Gary Mester

Main Number: 703-248-5077

Inclement Weather/Open Gym Hotline: 703-248-5125

Special Events: 703-248-5178

Registration Dates

Residents: August 20

Non-Residents: August 27

General Information

Registration Starts

Falls Church City Residents:

Monday, August 20, 2007

Non-City Residents:

Monday, August 27, 2007

Registration Location

Falls Church Community Center

223 Little Falls Street

Registration Hours

Monday-Thursday 8am to 10:30pm

Friday 8am to Midnight

Saturday 8:30am to Midnight

Sunday 12pm to 6pm (Jan-March)

Sunday 2pm to 6pm (April-Dec)

Mail-In Registration Starts

Falls Church City Residents:

Monday, August 20, 2007

Non-City Residents:

Monday, August 27, 2007

Please complete the Household Registration Form and include payment. **In-person registration takes priority over mail. Registrations received prior to these dates will be held and included with the mail received on the first day of registration.**

Mail to

Falls Church Recreation & Parks Dept.

223 Little Falls Street

Falls Church, VA 22046-4304

Phone-In

There will be no phone-in registration on the first day of resident (August 20) and non-resident registration (August 27). Phone-in registration will start on the second day of registration August 21 and August 28.

Note: In-person registration takes priority over mail and phone-in. No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration. Phone-in registration is accepted.

Register Early

All classes are filled on a first-come, first-served basis.

Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.

Refund Policy

Fall, Winter, Spring and Summer Activities

The Recreation & Parks Department will provide a full credit or refund for an activity if the activity is cancelled by the Department, or upon request when schedule or location changes made by the Department prohibit or limit an individual's ability to attend an activity.

Five or More Business Days Before Activity Starts (camps require two weeks)

For any reason other than those noted above, a "Request for Refund/Household Credit" form must be completed and submitted at least five business days before the start of an activity.

- Requests for a *refund* made at least five business days before an activity starts will be granted, *less a 20% processing fee.*
- Requests for a *credit* made at least five business days before an activity starts will be granted, *less a 10% processing fee.*

No Refunds Given Less Than Five Business Days Before Activity Starts

- Requests submitted less than five business days before an activity starts or after the activity starts, will only be granted **for medical reasons (doctor's note required)** or **for relocation of at least 25 miles** from the City of Falls Church.
- Refunds granted after an activity starts will be prorated to charge for the classes that have occurred and there will be a 20% processing fee.
- Credits granted after an activity starts will be prorated to charge for the classes that have occurred and there will be a 10% processing fee.

No refunds or household credits will be given if the request for such is submitted after the activity has ended.

The Recreation and Parks Department reserves the right to correct any misprinted item in this publication. Any corrections will be available at the Falls Church Community Center front desk.

Registration Dates

Residents: August 20

Non-Residents: August 27



Recreation and Parks Advisory Board

Robert Meeks, *Chair*
 Gerard Mene, *Vice Chair*
 Joyce Berg
 Charles O'Hara
 Lawrence Webb
 Ruth Rodgers, *Planning Commission Representative*
 Kathryn Chandler, *School Board Representative*

Recreation & Parks Staff

Howard E. Herman, *Director*
 Daniel J. Schlitt, *Deputy Director*
 Jenny Elmore, *Special Events, Senior Program Supervisor*
 Chris Madison, *Sports Coordinator, Program Supervisor*
 Debbie Wright, *Hobby Class Coordinator, Program Supervisor*
 Tracy Browand, *Senior Recreation Specialist*
 Diane Morse, *Cherry Hill Farmhouse Coordinator*
 Linda Weikle, *Senior Administrative Assistant*
 Kristina Loerch, *Administrative Assistant*
 Lawrence Goff, *Crew Leader,*
Parks and Landscape Maintenance
 Charles Jones, *Landscape Maintenance Worker*
 Mike Batky, *Building Maintenance Worker*
 Juan Salguero, *Building Maintenance Worker*
 Sonny Sikhattana, *Building Maintenance Worker*

Phone Numbers

Recreation & Parks Division Office 703-248-5077
 Falls Church Community Center 703-248-5077
 Falls Church Senior Center 703-248-5020
 Teen Center Office 703-248-5307
 Cherry Hill Farmhouse 703-248-5171
 Gym Hotline/Inclement Weather 703-248-5125
 Special Events Hotline 703-248-5178
 Fax 703-536-8150

Facility Locations

Falls Church Community Center
 223 Little Falls Street

Cherry Hill Farmhouse
 312 Park Ave.

George Mason High School
 7124 Leesburg Pike

Mary Ellen Henderson Middle School
 7130 Leesburg Pike

Thomas Jefferson Elementary
 601 S. Oak Street

Mt. Daniel Elementary
 2328 N. Oak Street

Open Gym Pricing

Register at the front desk before entering the gym

City Residents: Free
 Non-City Residents 5 and under: Free
 Non-City Residents 6-18 or 65+: \$2
 Non-City Residents 19-64: \$3
 Hotline: 703-248-5125
 Call for current schedule.

Youth Gym Time

Ages 18 and under only: Monday-Friday, 3-5pm.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-Midnight

Adult Gym Time

Ages 19 and over only: Monday, 8-10:30pm.

Hobby Class Holiday Schedule

No classes are held on these holidays unless otherwise noted.
 October 8, Columbus Day
 November 12, Veterans' Day Observed
 November 22-25, Thanksgiving Holiday
 December 1-2, Holiday Craft Show

Community Center Holiday Schedule

The building is closed November 22, December 24 and 25.

Community Center Hours of Operation

Monday-Thursday: 8am-10:30pm
 Friday: 8am-12 midnight
 Saturday: 8:30am-12 midnight
 Sunday: 2-6pm (April-Dec) / 12-6pm (Jan-March)

Policy of Non-Discrimination on the Basis of Disability

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Letha Flippin, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5077, (TTY 711).

Table of Contents

Adult Classes	22-26
Adult Sports	22
Adult Tennis	23
Cherry Hill Farmhouse	6
Dance Classes	11-15
Facilities	32
General Information	2-3
Preschool Classes	8-10
Preschool Program	7
Registration Information & Form	5
Senior Programs	29-31
Special Events	4
Teen Activities	18-21
Youth Classes	16
Youth Sports	22
Youth Tennis	17

Special Events

SPECIAL EVENTS

Farmers' Market

Now open year round!

Saturdays in City Hall Parking Lot, 300 Park Avenue

December 22, 2007-April 26, 2008, 9am-12 noon

May 3-December 13, 2008, 8am-12 noon

Enjoy fresh fruit, vegetables, flowers and more!



photo by Gary Mester

4th Annual Sunset Cinema

Friday evenings, August 10, 17 and 24

8:30pm or dusk

Cherry Hill Park, 312 Park Avenue

Not just one, but three evenings full of free fun for the entire family! Bring a blanket and bug spray and spend the evening watching a movie on our large outdoor screen. Ice cream will be available for purchase.

August 10 Happy Feet

August 17 Wizard of Oz

August 24 Charlotte's Web

32nd Annual Fall Festival and Taste of Falls Church

Saturday, September 15, 10am-4pm

Cherry Hill Park, 312 Park Avenue

Free Admission

Amusement rides, crafters, artists, children's activities, live entertainment, and delicious food provided by local restaurants!

14th Annual Farm Day

Saturday, October 6, 10am-3pm

Cherry Hill Park, 312 Park Avenue

Enjoy hayrides, pony rides, a petting farm, scarecrow making, pumpkin painting, apple butter making, blacksmithing and more. For scarecrows, please bring a long sleeved shirt, long pants and an old pair of pantyhose. For more information call 703-248-5171.



photo by Cindy Mester



photo by Gary Mester

Halloween Carnival

Saturday, October 27

Falls Church Community

Center, 223 Little Falls Street

6-7pm Infants to 2nd Graders

7:30-8:30pm 3rd-5th Graders

Tons of candy, games, face painting and more! Fun for the entire family!

Veterans Day Ceremony

Sunday, November 11, 11am

Falls Church Veterans Memorial

223 Little Falls St.

15th Annual Holiday Craft Show

Saturday, December 1 and Sunday, December 2

Falls Church Community Center, 223 Little Falls St.

Come enjoy over 40 juried crafters selling handmade items.

Admission is \$1, Children under 12 free

Special Services

Yard Waste Stickers: May be purchased in \$5 increments at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, Mastercard, American Express and Discover accepted.

Senior Metro Passes: \$10 at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, Mastercard, American Express and Discover accepted.

Picnic Shelters: Shelters in four City parks (Cherry Hill, Roberts, Madison and Berman Parks) can be reserved. Call 248-5077, Monday-Friday, 8am-5pm for availability, fees and application.

Tennis Courts: Lighted courts at Cavalier Trail Park, George Mason HS and the Community Center can be reserved by city residents. Unlighted courts on Cherry Street are first come, first served. Reservations for lighted courts can be made up to one day in advance. Please call 248-5077 for reservations.

Registration Starts

Falls Church City Residents: **Monday, August 20, 2007**

Non-City Residents: **Monday, August 27, 2007**

How To Register

WALK-IN: At the Falls Church Community Center, 223 Little Falls St. We accept checks, cash (exact change only), credit cards, and debit cards. Once you have entered our computer system, there are no registration forms to fill out!

MAIL-IN: Mail-in registrations are processed the second day of registration. Complete the Household Registration Form (below), include payment by check or with a credit card and mail to:

Falls Church Recreation & Parks

223 Little Falls St., Falls Church, VA 22046

PHONE-IN: There will be no phone-in registration on the first day of resident or non-resident registration. Phone-in registration will start on the second day of registration August 21 and August 28. To register by phone, please call **703-248-5077**.

Note: In-person registration takes priority over mail and phone-in. No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration. Phone-in registration with credit cards only.

CHARGE IT!

We accept DISCOVER, VISA, MASTERCARD and AMERICAN EXPRESS. Checks should be made payable to the "City of Falls Church."

Fees: Payment must accompany registration.

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Register Early: All classes are filled on a first-come, first-served basis. Deadlines to register are normally one-week prior to the start of the class.

Late Registration & Transfers: Late registrations and transfers are accepted if an opening is available.

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office, online, or call 248-5077 for more information.

Refund Policy: The Recreation & Parks Department refund policy can be found on page 2.

INCLEMENT WEATHER POLICY: Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5125.**

Holidays: Classes will not be held on City-observed legal holidays unless otherwise noted. Holidays falling in this class session are: Columbus Day, October 8, Veterans Day Observed, November 12 and Thanksgiving, November 22-25. In addition, classes will not be held on December 1-2 due to the Holiday Craft Show.



Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone Number: () _____ Work Phone Number: () _____

Emergency Contact and Phone Number: _____

☐ Special Assistance is needed for one or more of individuals listed on registration.

Please Explain: _____

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____ Date: _____

(Signature of parent/guardian if under 18)

Payment Method: ☐ Check ☐ Credit Card - circle: Visa, Mastercard, American Express, Discover

Credit Card Number: _____ Exp Date: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Please read class information carefully and make checks payable to City of Falls Church.					Total

Cherry Hill Farmhouse



Cherry Hill Farmhouse
312 Park Avenue
703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was built in 1845. The well-preserved house is an excellent example of a Greek Revival style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold his produce at the Centre Market in Washington, D.C. Mr. Blaisdell managed to successfully farm the property through the Civil War. The City of Falls Church now owns Cherry Hill. The household furnishings and antique tool collection in the barn are owned by the Friends of Cherry Hill Foundation. Today reenactments, concerts, readings, lectures, and teas take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops and school children by calling 703-248-5171. The house is open to the public between the hours of 10am and 3pm, Monday through Thursday. April through October the house is also open on Saturdays between the hours of 10am to 1pm.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated event. For larger parties, the outside grounds can be used and a tent is recommended. Reservations are made through the Recreation and Parks Division at **703-248-5077**. For more information on any events taking place at Cherry Hill, call Diane Morse at **703-248-5171**.

Events at Cherry Hill Farmhouse

Victorian Clothing Exhibit at Cherry Hill – September 15-September 23

Monday-Saturday 10am-3pm, Sundays Noon-4pm. View Victorian life over the decades through the clothing people wore.

Falls Church Farm Day

Saturday, October 6, 10am-3pm

Enjoy a fall day in Cherry Hill Park with hayrides, a petting farm, pumpkin painting, scarecrow making, live music and more. Free admission. A fee is charged for some activities.

Cherry Hill Tea

Sunday, October 21 at 2pm

Enjoy tea sandwiches, assorted sweets, warm scones and a bottomless cup of tea at this popular event. A costumed docent will give a short talk in the parlor before ushering guests into the lovely dining room for tea. \$22.00 per person. Reservations are necessary. Call 703-248-5171.

Ghost Stories For Adults

Thursday, October 25 at 8pm

Cay Wiant returns to tell her spine-tingling tales by candlelight. Enjoy refreshments afterwards and share a tale of your own. \$2.00 per person. Call 703-248-5171 for reservations.

The Trial of Lizzie Borden

Friday, October 26 at 8pm

A dramatic reading by the Victorian Society at Falls Church. Period refreshments will follow the reading. \$4.00 per person. Call 703-248-5171 for reservations.

Holiday Teas at Cherry Hill

Sunday, November 11 and Sunday, November 18

Enjoy our traditional tea and the ambience of the decorated farmhouse. The farmhouse will be decked out in traditional holiday greenery of the period. Tea is \$22.00 per person. Call 703-248-5171 for reservations.

Civil War Thanksgiving Reenactment

Saturday, November 24 from 11am-3pm

Reenactors portray actual Falls Church residents from the Civil War era as they re-create a Civil War Thanksgiving. Come observe them as they enjoy the holiday meal and entertain guests in the parlor. Free admission. Canned food donations will be collected.

Children's Holiday Shop

Saturday, December 1 from 10am-2pm

Volunteers will help children purchase and wrap inexpensive holiday gifts for friends and family. All gifts are \$5.00 and under.

**** Private teas can be arranged for groups of 12 or more people for other dates and times.*

PRESCHOOL

The program focuses on fun and positive learning experiences for 3-5 year olds with activities centered around arts & crafts, music, drama, and games. Through these mediums the focus on coloring, painting, cutting, shape, letter, and number recognition provide experiences which prepare a child for a smooth transition to kindergarten, and while learning responsibility and good social skills the child is enabled to grow as an individual. Our qualified staff and small class (ratio of 16:2) make a safe program for everyone; we are licensed by the State of Virginia Department of Social Services. **Children must be potty-trained.** Proof of age via birth certificate and physical and immunization report is required the first day of the program.

Fall session fees are due at time of registration. You are encouraged to enroll for the remainder of the year by placing a \$100 non-refundable deposit on the winter-spring session which will assure your spot for the entire year. The balance of the winter-spring fees are due by December 14.

Instructor: Alison Collins **Location:** Preschool Room

Winter/Spring Session Preschool – Juniors

(Birth dates Oct. 1, 2003-Sept. 31, 2004)

Tuesdays & Thursdays: 9am-Noon

211001-B Class Dates: January 3-May 22 (19 weeks)

(No class March 18 and March 20.)

Fees: R: \$560 / NR: \$570

Preschool – Seniors

(Birth dates Oct. 1, 2002-Sept. 31, 2003)

Mondays, Wednesdays, & Fridays: 9am-Noon

211002-B Class Dates: January 4-May 23 (19 weeks)

(No class January 21, February 18, and March 17-21.)

Fees: R: \$830 / NR: \$840



Pre-Kindergarten Readiness Class

Age 4 (Children entering Kindergarten in September 2008)

This program will offer your child opportunities to enhance and strengthen independent learning abilities in a productive and positive classroom set-up. Over and above the preschool program guidelines, your child will have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking as well as initiate basic reading, writing and conversational skills. **Children must be potty-trained.** Proof of age via birth certificate and physical and immunization report is required the first day of the program. You are encouraged to enroll for the remainder of the year by placing a \$100 non-refundable deposit on the following session which will assure your spot for the entire year. The balance of the fees are due one week before the session begins.

Instructor: Sue John

Location: Preschool Room

Winter/Spring Session

Tuesdays & Thursdays: 1-4pm

211003-B Class Dates: January 3-May 22

(No class March 18 and 20.)

Fees: R: \$560 / NR: \$570



Do you have a favorite hobby or natural talent? The City of Falls Church is looking for new and exciting Special Interest Classes. Your hobby class could be the next exciting class offered in our upcoming Schedule of Classes. Please submit a proposal to dwright@fallschurchva.gov.

Preschool Classes

Music Together®

Music Together is a community of families sharing songs, instrument play, rhythm chants, and movement and dance activities in a relaxed, playful, non-performance-oriented setting. Music Together classes build on your child's natural enthusiasm for music and movement to develop her or his musical skills. Parents or caregivers participate with child, ages birth to five years old. All classes made up of family-style classes of mixed ages. Babies 8 months and younger attend FREE with registered sibling. \$10 discount for siblings, which is reflected in the sibling fee. Please visit: www.musicwithmaddy.com



Mondays, September 24-December 3

Instructor: Maddy O'Neill-Dean

Location: Community Room

(Please note: This class will be held on November 12)

110608-A 9-9:45am

110608-B 10-10:45am

110608-C 11-11:45am

110608-D 3:30-4:15pm

Family fee: \$36 is due to instructor at the first class (includes 2 CDs and Songbook for semester's music). One per family.

Fees: First Child: R: \$155 / NR: \$165

Sibling: R: \$145 / NR: \$155

Free Demonstration Class: August 14, September 17, 18 at 10am

Tuesdays, September 25-November 27

Instructor: Maddy O'Neill-Dean

Location: Community Room

110608-E 9-9:45am

110608-F 10-10:45am

110608-G 11-11:45am

110608-I 3:30-4:15pm

Family fee: \$36 is due to instructor at the first class (includes 2 CDs and Songbook for semester's music). One per family.

Fees: First Child R: \$155 / NR: \$165

Sibling R: \$145 / NR: \$155

Free Demonstration Class: August 14, September 17, 18 at 10am



Early Childhood STEP Parenting

(Systematic Training for Effective Parenting for Children Under Six)

Maddy O'Neil-Dean, MSW

Parents are constantly exposed to advice on how to raise their children. Early Childhood STEP offers parents practical and effective ways to relate to their children. STEP gives parents information and skills. Sessions are supportive, friendly, and thought-provoking. Topics covered include understanding young children's behavior and misbehavior, discipline, listening and talking to young children, and understanding children's emotional and social development. For information contact maddy505@aol.com

Instructor: Maddy O'Neil

Location: Art Room

151003-A Class Dates: Thursdays, October 11-November 15 (No class November 18)

Time: 7-9pm

Fees: R: \$110/ NR:\$120 per adult or couple.

\$15 paid to instructor for Early Childhood STEP Book



Classic Tales 'n' Tunes®

Ages 18 months-4 years

Classic Tales 'n' Tunes® invites young children and their caregivers to share a joyful adventure in learning through the expressive arts: reading stories, making music, enjoying puppetry, exploring gross motor equipment, and playing interactive games. Each lesson explores a theme through a rich diversity of music and literature from different genres and cultures. Spanish and American Sign Language, our country's 2nd and 3rd most common languages, are blended into the curriculum, promoting a friendly and inclusive environment. This celebrated multi-sensory program nurtures cognitive, language, motor, social and emotional skills as well as musicality and creativity. FREE monthly newsletters keep families updated! Siblings 11 months or younger attend FREE with registered student; those 12 months and over must register. There is no materials charge. Please visit www.classictnt.com to learn more!

Wednesdays

Instructor: Susan Hayes

Location: Community Room

Class Dates: September 19-December 12

(No class November 21)

110211-A 9:15-10am

110211-B 10:15-11am

Fees: R: \$186 / NR: \$196

Free Trial Classes: Wednesdays, September 12

Please register to avoid overcrowding

110211-C 9:15-10am

110211-D 10:15-11am

Saturdays

Instructor: Jody Katz

Location: Community Room

Class Dates: September 22-December 15

(No class November 24 and December 1)

110211-E 9:30-10:15am

110211-F 10:30-11:15am

110211-G 11:30am-12:15pm

Fees: R: \$170 / NR: \$180

Free Trial Classes: Wednesdays, September 8

Please register to avoid overcrowding

110211-H 9:30-10:15am

110211-I 10:30-11:15am

110211-J 11:30am-12:15pm

Tiny Tunes

Ages Birth – 18 months

Step out of the hustle and bustle of life and reserve this precious time for you and your baby or toddler to bond through wonderful music and movement activities. Sing, dance, play instruments, and learn finger plays with American Sign Language in this engaging class designed for the very young and their parent or loving caregiver. Nurture your child's development of listening, language, fine and gross motor skills while having fun! All materials are included.

Wednesdays

Instructor: Susan Hayes

Location: Community Room

Class Dates: September 19–December 12

(No class November 21)

110211-K 11:15-11:45am

110211-L 12 noon-12:30pm

Fees: R: \$124 / NR: \$134

Free Trial Classes: Wednesdays, September 12

Please register to avoid overcrowding

110211-M 11:15-11:45am

110211-N 12 noon-12:30pm



Preschool Classes

ABRAKADOODLE ART CLASSES

Twoosy Doodlers Ages 20-36 months

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too.

Instructor: Abrakadoodle Staff **Location:** Art Room

Class Dates: Wednesdays, September 19-October 24

110101-A 9:15-9:55am

110101-B 11:15-11:55am

Thursdays Class Dates: September 20-October 25

110101-C 3-3:40pm

Saturdays Class Dates: September 22-October 27

110101-D 10:15-10:55am

Wednesdays Class Dates: October 31-December 12 (No class November 21)

110101-E 9:15-9:55am

110101-F 11:15-11:55am

Thursdays Class Dates: November 1-December 20 (No class November 22, December 13)

110101-G 3-3:40pm

Fees: R: \$75 / NR: \$85 Materials fee: \$24 (due first day of class), make check payable to Abrakadoodle.

Saturdays Class Dates: November 3-December 22 (No class November 24, December 1, December 15)

110101-H 10:15-10:55am

Fees: R: \$62.50 / NR: \$72.50 Materials fee: \$20 (due first day of class), make check payable to Abrakadoodle.

Mini Doodlers Ages 3-6

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique.

Instructor: Abrakadoodle Staff **Location:** Art Room

Wednesdays Class Dates: September 19-October 24

110102-A 10:15-11am

Thursdays Class Dates: September 20-October 25

110102-B 2-2:45pm

Saturdays Class Dates: September 22-October 27

110102-C 11:15am-12 noon

Wednesdays Class Dates: October 31-December 12 (No class November 21)

110102-D 10:15-11am

Thursdays Class Dates: November 1-December 20 (No class November 22, December 13)

110102-E 2-2:45pm

Fees: R: \$75 / NR: \$85 Materials fee: \$24 (due first day of class), make check payable to Abrakadoodle.

Saturdays Class Dates: November 3-December 22 (No class November 24, December 1, December 15)

110102-F 11:15am-12 noon

Fees: R: \$62.50 / NR: \$72.50 Materials fee: \$20 (due first day of class), make check payable to Abrakadoodle.

Doodlers For 1st to 6th graders

Children create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces children to new techniques and artists' styles. The teacher provides guidance and inspiration. Classes help children develop both skills and confidence! Class enrollment is limited to 8 children.

Instructor: Abrakadoodle Staff

Location: Art Room

Saturdays Class Dates: September 22-October 27

110103-A 1-2pm

Fees: R: \$95 / NR: \$105 Materials fee: \$24 (due first day of class), make check payable to Abrakadoodle.

Saturdays Class Dates: November 3-December 22 (No class November 24, December 1, December 15)

110103-B 1-2pm

Fees: R: \$80 / NR: \$90 Materials fee: \$20 (due first day of class), make check payable to Abrakadoodle.



Yoga for Little Ones

Ages 18 months-3 years

Through yoga games, stories and activities, toddlers will have fun exploring what their bodies can do in this yoga class for little ones and parents/caregivers. This class is designed for toddlers and children ages 18 months to three years old. Grown-ups can enjoy a good stretch at the same time, providing yoga rides and play.

Instructor: Unyong Kim Waide with Nora, 20 months

Location: Community Room

150408-A Class Dates: Fridays, September 21-November 9

Time: 9:30-10:15am **Fees:** R: \$96 / NR: \$106

Mom and Toddler Workout Ages 1-3

Moms, keep fit in a workout class that includes your toddler! This efficient, child-friendly exercise format for both mom and toddlers (ages 1-3) includes a variety of strength, cardio, and flexibility work, incorporating yoga asanas, step, resistance bands, free weights, calisthenics, partner work, stretching and children's music/circle/together time.

Instructor: BodyMoves Fitness

Location: Community Room

150408-G Class Dates: Thursdays, September 20-December 6 (no class October 4 and November 22)

Time: 11-11:50am **Fees:** R: \$110 / NR: \$120

DANCE PROGRAM

Class Dates: September 17-December 15 (no classes on October 8, October 31, November 12, November 22, November 23, December 1, and December 2)

Class Location: Community Center Dance Studio

To accommodate as many students as possible, we recommend parents come to registration with at least three class options. Waitlisted students will only be accommodated if an enrolled student removes themselves from the class.

Preschool Dance with Me Class Ages 2-5

This class is designed for both parents/caretakers and your preschooler. Learn dances together while having a great time!

Instructor: Sue Culpepper

Location: Dance Studio

110206-A Class Dates: Mondays

Time: 11:30am-12noon

Fees: R: \$44 / NR: \$54

Dance with Me Class Grades K-3

A special time for parents/caretakers and children to enjoy exercise, music and dance together.

Instructor: Sue Culpepper

Location: Dance Studio

110242-A Class Dates: Wednesdays

Time: 5:30-6:15pm

Fees: R: \$66 / NR: \$76

Mommy and Me Ages 18-24 months

Introduction to basic stretch and creative movement for you and your child. This class is perfect to accommodate short attention spans, movement activities will be shifted frequently. Parent participation required.

Instructor: Dream in Color Studios

Location: Dance Studio

110243-A Class Dates: Mondays

Time: 10-10:30am

Fees: R: \$66 / NR: \$76

Mommy and Me Age 2 years old

Introduction to basic stretch and creative movement for you and your child. This class is perfect to accommodate short attention spans, movement activities will be shifted frequently. Parent participation required.

Instructor: Dream in Color Studios

Location: Dance Studio

110243-B Class Dates: Wednesdays

Time: 10:30-11am

Fees: R: \$66 / NR: \$76

Mom & Me Ages 2-3 with parent

Our "Mom & Me" program is designed for children who are not quite ready to separate from their parent and creates a fun learning and bonding experience through movement, music, costumes and props.

Instructor: Tiny Dancers

Location: Dance Studio

110204-B Class Dates: Fridays (No class November 23)

Time: 10-10:45am

Fees: R: \$240 / NR: \$250

Tiny Dancers Age 3

Tiny Dancers classes are designed for boys and girls as an introduction to ballet. All classes incorporate classical technique and feature exquisite custom-made costumes and creative performance stories. This is a drop-off class--parents wait outside the studio.

Instructor: Tiny Dancers

Location: Dance Studio

110204-A Class Dates: Fridays (No class November 23)

Time: 11-11:45am

Fees: R: \$240 / NR: \$250

PRESCHOOL DANCE

An introduction to dance, movement and expression for 2-5 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination and rhythm. In Preschool B/C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in classroom for the 2 to 3 year old class. Please note designated ages in classes. Preschool A classes have no special shoes or clothing requirements. Preschool B/C classes recommend ballet shoes, and tap shoes or "noisy" shoes.

PRESCHOOL A Age 2 & 3

(Must be 2 years old by September 31, 2007)

110203-B Preschool A

Mondays 9:30-10am

Culpepper

Fees: R: \$44 / NR: \$54

110203-A Preschool A

Mondays 11-11:30am

Culpepper

Fees: R: \$44 / NR: \$54

110203-E Preschool A

Wednesdays 9:30-10am

Dream in Color Studios

Fees: R: \$78 / NR: \$88

110203-C Preschool A

Wednesdays 10-10:30am

Dream in Color Studios

Fees: R: \$78 / NR: \$88

110203-D Preschool A

Thursdays 12:30-1pm

O'Hara

Fees: R: \$48 / NR: \$58

110203-F Preschool A

Saturdays 9:30-10am

Foster

Fees: R: \$48 / NR: \$58 (located in Art Room)

Dance Programs

PRESCHOOL B Age 3 & 4

(Must be 3 years old by September 31, 2007)

110203-H Preschool B

Mondays 10-10:45am Culpepper

Fees: R: \$66 / NR: \$76

110203-M Preschool B

Mondays 3:45-4:30pm Ohr

Fees: R: \$66 / NR: \$76

110203-K Preschool B

Mondays 3-3:45pm Culpepper

Fees: R: \$66 / NR: \$76

110203-I Preschool B

Wednesdays 10:30-11:15am Dream in Color Studios

Fees: R: \$104 / NR: \$114

110203-L Preschool B

Wednesdays 11:30am-12:15pm Dream in Color Studios

Fees: R: \$104 / NR: \$114

110203-J Preschool B

Thursdays 1-1:45pm O'Hara

Fees: R: \$72 / NR: \$82

110203-N Preschool B

Saturdays 11:15-12noon Foster

Fees: R: \$72 / NR: \$82

PRESCHOOL C Age 4 & 5

(Must be 4 years old by September 31, 2007)

110203-Q Preschool C

Mondays 12noon-12:45pm Culpepper

Fees: R: \$66 / NR: \$76

110203-S Preschool C

Mondays 3-3:45pm Ohr

Fees: R: \$66 / NR: \$76

110203-T Preschool C

Wednesdays 12:15-1pm Dream in Color Studios

Fees: R: \$104 / NR: \$114

110203-U Preschool C

Thursdays 1:45-2:30pm O'Hara

Fees: R: \$72 / NR: \$82

110203-V Preschool C

Fridays 9:30-10:15am Dream in Color Studios

Fees: R: \$96 / NR: \$106

110203-R Preschool C

Fridays 10:30-11:15am Dream in Color Studios

Fees: R: \$96 / NR: \$106

110203-P Preschool C

Friday 3:30-4:15pm Beckland

Fees: R: \$72 / NR: \$82

110203-W Preschool C

Saturdays 12noon-12:45pm Foster

Fees: R: \$72 / NR: \$82

Tiny Dancers Age 4

Tiny Dancers classes are designed for boys and girls as an introduction to ballet. All classes incorporate classical technique and feature exquisite custom-made costumes and creative performance stories. This is a drop-off class--parents wait outside the studio.

Instructor: Tiny Dancers

Location: Dance Studio

110204-C Class Dates: Fridays (No class November 23)

Time: 12noon-12:45pm

Fees: R: \$240 / NR: \$250

Tiny Dancers-Pre Ballet Age 5

Tiny Dancers classes are designed for boys and girls as an introduction to ballet. All classes incorporate classical technique and feature exquisite custom-made costumes and creative performance stories. This is a drop-off class--parents wait outside the studio.

Instructor: Tiny Dancers

Location: Dance Studio

110207-A Class Dates: Fridays (No class November 23)

Time: 1-1:45pm

Fees: R: \$240 / NR: \$250

Tiny Dancers offers exceptional performance based programs that provide outstanding training while emphasizing a fun and nurturing environment. All classes feature our exclusive storybook performance with a new theme offered each week. For more information on Tiny Dancers call 703-385-5580.

Level I Kindergarten-1st graders

No experience necessary.

BALLET Our approach to ballet instruction is to provide outstanding technical guidance in a positive and encouraging manner to help students build a love for this classic form of dance. Our goal is for students to feel successful while learning. Ballet shoes and dancewear or other form-fitting clothing required are required for ballet classes.

TAP/JAZZ Build strength, flexibility, rhythm and grace while having a great time to a variety of music. Tap shoes and ballet or jazz shoes and dancewear or other form-fitting clothing required.

JAZZ-HIP HOP Very exciting dance style, done to your favorite popular music!

Ballet/Tap/Jazz classes require ballet and tap shoes and dancewear or other form-fitting clothing required.

120215-A Boys Jazz/Hip-Hop I/II

Mondays 3:45-4:30pm Culpepper

Fees: R: \$66 / NR: \$76

120254-A Ballet/Tap/Jazz I

Mondays 4:30-5:30pm Newton

Fees: R: \$88 / NR: \$98

Dance Programs

120260-A Dance for Musical Theatre I/II

Tuesdays 4:15-5:15pm O'Hara

Fees: R: \$96 / NR: \$106

120254-B Ballet/Tap/Jazz I

Tuesdays 5:15-6:15pm O'Hara

Fees: R: \$96 / NR: \$106

120220-A Ballet I

Wednesdays 5-6pm Dream in Color Studios

Fees: R: \$104 / NR: \$114

120220-B Ballet I

Wednesdays 6-7pm Dream in Color Studios

Fees: R: \$104 / NR: \$114

120216-A Hip Hop I

Wednesdays 7:15-8:15pm Dream in Color Studios

Fees: R: \$104 / NR: \$114

120238-A Tap/Jazz I

Thursdays 4:15-5pm Dream in Color Studios

Fees: R: \$96 / NR: \$106

120220-C Ballet I

Thursdays 4:30-5:15pm Culpepper

Fees: R: \$72 / NR: \$82

120238-B Tap/Jazz I

Thursdays 5:15-5:45pm Culpepper

Fees: R: \$48 / NR: \$58

120237-A Boys Tap/ Jazz I

Thursdays 5:45-6:30pm Dream in Color Studios

Fees: R: \$96 / NR: \$106

120254-D Ballet/Tap/Jazz I

Fridays 5:30-6:30pm Beckland

Fees: R: \$96 / NR: \$106

120254-E Ballet/Tap/Jazz I

Saturdays 10:15-11:15am Foster

Fees: R: \$96 / NR: \$106

120220-D Ballet I

Saturdays 1-2pm Autor

Fees: R: \$96 / NR: \$106

Level II 2nd-3rd graders

No experience necessary.

DANCE FOR MUSICAL THEATRE This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre. Jazz Classes and Creative Dance require jazz or ballet shoes. Dancewear or other form-fitting clothing required. Dance for Musical Theater and Hip Hop - No special shoes or clothing required.

120229-A Dance for Musical Theatre II/III

Mondays 4:30-5:30pm Ohr

Fees: R: \$88 / NR: \$98

120221-A Ballet II/III

Mondays 5:30-6:30pm Newton

Fees: R: \$88 / NR: \$98

120260-A Dance for Musical Theatre I/II

Tuesdays 4:15-5:15pm O'Hara

Fees: R: \$96 / NR: \$106

120220-A Ballet I

Wednesdays 5-6pm Dream in Color Studios

Fees: R: \$104 / NR: \$114

140261-A Creative Dance II/III

Wednesdays 6:15-7:15pm Culpepper

Fees: R: \$88 / NR: \$98

120246-A Jazz II/III

Wednesdays 7-8pm Dream in Color Studios

Fees: R: \$104 / NR: \$114

120242-A Tap/Jazz II

Thursdays 5-5:45pm Dream in Color Studios

Fees: R: \$96 / NR: \$106

120256-A Ballet/Tap/Jazz II/III

Thursdays 5:45-7pm Culpepper

Fees: R: \$144 / NR: \$154

120248-A Jazz/Hip-Hop II/III

Fridays 6:30-7:30pm Beckland

Fees: R: \$96 / NR: \$106

The Dream in Color Studio offers children of all ages top quality dance instruction in a nurturing environment, emphasizing self-esteem, cultural pride, artistic growth and commitment to one's self. We will provide creative incentives for children of all races and socio-economic backgrounds in order to help them overcome the barriers that hinder their advancement and lead them on the path to healthy habits and a promising future. For more information, please contact the Dream in Color Studio directly at 703-642-1711 or by email at info@dreamincolor.org.



Dance Programs

Level III 4th-6th graders

No experience necessary.

CREATIVE DANCE II/III This ballet class is designed for students who would like a more expressive, creative approach to a study of dance. Instruction will incorporate elements of modern, jazz and creative movement and expression. Ballet or jazz shoes required.

120229-A Dance for Musical Theatre II/III

Mondays 4:30-5:30pm Ohr

Fees: R: \$88 / NR: \$98

120221-A Ballet II/III

Mondays 5:30-6:30pm Newton

Fees: R: \$88 / NR: \$98

140261-A Creative Dance II/III

Wednesdays 6:15-7:15pm Culpepper

Fees: R: \$88 / NR: \$98

120246-A Jazz II/III

Wednesdays 7-8pm Dream in Color Studios

Fees: R: \$104 / NR: \$114

120256-A Ballet/Tap/Jazz II/III

Thursdays 5:45-7pm Culpepper

Fees: R: \$144 / NR: \$154

120248-A Jazz/Hip-Hop II/III

Fridays 6:30-7:30pm Beckland

Fees: R: \$96 / NR: \$106

Level IV 6th grade and up

No experience necessary.

TEEN HIP HOP A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style.

140262-A Hip-Hop IV

Wednesdays 8:15-9:15pm Dream in Color Studios

Fees: R: \$104 / NR: \$114

Level IV 6th grade and up

No experience necessary.

TEEN BALLET Classes emphasize the development of a more inclusive modern style of ballet, which incorporates other styles of dance, with a focus on proper placement, alignment and the more technical aspects and skills associated with ballet. The choreography will be to more popular music or world music or really strange music, and sometimes there is no music at all.

140223-A Teen Ballet III

Wednesdays 8-9pm Dream in Color Studios

Fees: R: \$96 / NR: \$106

FALLS CHURCH BALLET PROGRAM

For children, Kindergarten and up

The following classes are designed for students who want to pursue

Registration for the Falls Church Ballet Program will begin September 11, 2007.

a more intensive ballet program. Registration for Elementary, Intermediate Ballet, Advanced Ballet and Pointe requires a written referral from the instructor prior to registration. Students are encouraged to obtain the written referral as soon as possible because there is limited space in each section. Students may be placed by a previous instructor, or must attend one or more of our placement sessions on September 9-10 to determine eligibility for these classes. If your child was placed in a Ballet Program class during the previous semester, she is qualified for one of our program classes, but may need to be reevaluated during placement. Students must be proficient in appropriate steps at the specific level and have instructor's approval in order to advance to the next level. It is required all students wear leather or canvas ballet slippers with leather sole. Leotards required. For more information, please email everybodydance07@gmail.com.

PLACEMENT CLASSES: Free of Charge. Students new to program must attend at least one session. Returning students needing reevaluation must attend at least one session. All Ballet Program students encouraged to join us.

Dates: Monday, September 10 and/or Tuesday, September 11
5-6pm K-2nd grade
6-7pm 3-5th grade
7-8pm 6-12th grade

Elementary Ballet

Instructor placement required. For students who are ready for a more serious ballet class, with a stronger focus on technique and precision. Choose one class weekly. Section A is intended for older Elementary students.

120225-A Tuesdays 4:15-5:15pm DeHart

Fees: R: \$96 / NR: \$106

120225-B Wednesdays 4:30-5:30pm Culpepper

Fees: R: \$88 / NR: \$98

Intermediate Ballet

Instructor placement required. For students 8 and older with previous ballet training who have mastered the basic ballet positions and posture, and who possess developmental readiness for a more rigorous program. Students will be placed in either Intermediate I or Intermediate II. Students in Intermediate II must attend Thursday class, and taking the 45-minute portion of the Tuesday class as well is strongly recommended. Intermediate I students must take Tuesday class, and have the option of attending the 45 minute section of the Thursday class as well. No Intermediate II student may register for Tuesday class unless enrolled in Thursday class.

Dance Programs

Intermediate I

120226-A Tuesdays 5:15-6:15pm DeHart (required)
Fees: R: \$96 / NR: \$106

120226-B Thursdays 6:45-7:30pm Autor
Fees: R: \$72 / NR: \$82

Intermediate II

120226-A Tuesdays 5:15-6pm DeHart
Fees: R: \$72 / NR: \$82

120230-B Thursdays 6:45-8pm Autor (required)
Fees: R: \$120 / NR: \$130

Advanced Ballet

Instructor placement required. A high-level ballet class for students with extensive ballet training, muscle maturity and the strength and endurance required for an extremely rigorous ballet program. Students must attend both classes unless other arrangements have been made with instructor.

120227-A Thursdays 8-9pm Autor
Fees: R: \$96 / NR: \$106

120227-C Saturdays 10:15-11:45am Autor
Fees: R: \$144 / NR: \$154

Pointe and Pre-Pointe

Instructor placement required. A high-level ballet class for students with extensive ballet training, muscle maturity and the strength and endurance required for an extremely rigorous ballet. Students must attend both the Monday and Saturday class times unless other arrangements are made with instructor, and Thursday class is encouraged, but is optional.

140202-A Mondays 5:30-7pm Grislig (required)
Fees: R: \$132 / NR: \$142

140202-B Thursdays 8-9pm Autor
Fees: R: \$96 / NR: \$106

140202-C Saturdays 10:15am-12:45pm Autor (required)
Fees: R: \$240 / NR: \$260

Baton Twirling Ages 10-adult

Learn the basics of an awesome and amazing skill! Students will be taught fundamentals of baton twirling as well as bodywork and marching. Baton twirling improves flexibility, coordination and confidence levels

Instructor: Jessica Kubik

Location: Art Room

120703-A Class Dates: Mondays, September 17-December 10 (No class October 8 and November 12)

Time: 6:30-7:30pm

Fees: R: \$77 / NR: \$87

Baton fee of \$15 due to the instructor at first class.

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Falls Church Recreation and Parks

ADULT BALLET Ages 16 & up

Classes emphasize the development of a more inclusive modern style of ballet, which incorporates other styles of dance, with a focus on proper placement, alignment and the more technical aspects and skills associated with ballet. The choreography will be to more popular music or world music or really strange music, and sometimes there is no music at all.

150208-A Adult Ballet

Mondays 6:30-7:30pm Dream in Color Studios

Fees: R: \$88 / NR: \$98

ADULT JAZZ Ages 16 & up

Classes teach basic jazz dance technique, terminology and movement quality with an emphasis on proper execution of jazz isolations, rhythms and style performed to contemporary music. Students are exposed to many styles of jazz including theatrical and lyrical.

150210-A Adult Jazz

Mondays 8:30-9:30pm Dream in Color Studios

Fees: R: \$88 / NR: \$98

ALL STAR LEGACY

All Star Legacy is a year-round, competitive cheerleading and dance organization serving the "best of the best" in Northern Virginia. Our All-Star Cheerleading and Dance Program offers competitive All Girl and Co-Ed teams, as well as non-competitive cheer and dance classes. At Legacy, we don't just train our athletes to be strong cheerleaders and dancers; we encourage them to be strong leaders for their communities. For more information please email info@allstarlegacy.com.

Tumbling Class beginner and novice tumbling skills (12 yrs and under)

An introduction to handstands, cartwheels, round offs, front and back walkovers, and beginning back handsprings. Attire gym clothing. T-shirt and shorts with sneakers of any kind. The lighter the better.

Instructor: All Star Legacy **Location:** Dance Studio

120403-A Class Dates: Thursdays (no class November 22)

Time: 3:30-4:15pm

Fees: R: \$150 / NR: \$160

Super Squad Cheer Team 12 yrs and under

We will coach the fall session of Falls Church Super Squad as a true cheerleading team. We will work on motions, dance, jumps, tumbling, stunts and more. Be ready to work- cheerleading is a sport!

Instructor: All Star Legacy **Location:** Senior Center

120404-A Class Dates: Thursdays (No class November 22)

Time: 4:15-5pm

Fees: R: \$150 / NR: \$160

Youth and Teen Classes

YOUTH CLASSES

About the Life Skills School of Etiquette, LLC

We are pleased to announce that the Life Skills School of Etiquette, LLC is bringing etiquette training to Falls Church Community Center! Founder and CEO, LaChelle Johnson and her staff of professional etiquette consultants are currently working with various organizations and parents all over the DC Metropolitan Area teaching what they consider skills for life. The Falls Church Community Center will start by offering Dining Etiquette programs and look forward to expanding our offerings for children, teens and adults to include social, communication and interviewing etiquette training! These skills build confidence, self esteem, and leadership abilities which lead to a lifetime of success! For more information about the Life Skills Etiquette School you can visit them on the web at www.LifeSkillsEtiquetteSchool.com or call 301.577.9300.

Table Manners for Children Age 5-7

NEW!

It's never too early to start teaching proper table manners! Appropriate dining etiquette skills help children to build confidence, self esteem, and comfort level in formal and informal dining situations. Participants will learn table manners, how to set the table, identify utensils and tableware, proper use of napkin and utensils, the American style of dining and more! This class is very interactive and hands-on, also including practice foods and a 3 course meal!

Instructor: Life Skills School of Etiquette, LLC

Location: Community Room

121022-A Class Date: Thursdays, October 4-November 8

Time: 6-7pm

Fees: R: \$125/ NR: \$135

Savvy Dining Skills for Children Age 8-12

NEW!

Participants will become quite impressive at the table through this fun and interactive program. It is important for individuals to learn dining skills so they can be comfortable in formal and informal dining situations. Participants will learn how to set the table, identify various utensils and tableware, table manners, proper use of napkin and utensils, American vs. European styles of dining, and more! This class is very interactive and hands-on, also including practice foods and a 3 course meal!

Instructor: Life Skills School of Etiquette, LLC

Location: Art Room

121021-A Class Date: Tuesdays, October 2-November 20
(no class October 9 and November 6)

Time: 6-7pm

Fees: R: \$125 / NR: \$135 per person

Interviewing Etiquette Workshop Ages 16-21

NEW!

Knowing the proper social skills necessary to ace the interviewing process is critical to landing yourself in the job of your dreams. Build your confidence and separate yourself from competition with interviewing etiquette skills! Topics covered in this workshop will include dressing for success, making an effective first impression, rules for sitting standing and shaking hands, appropriate departures and follow-up and helpful confidence boosting tips to help prepare before, during and after the interview.

Instructor: Life Skills School of Etiquette, LLC

Location: Senior Center

121023-A Class Date: Saturday, September 22

Time: 10am-1pm

Fees: R: \$40 / NR: \$50 per person (refreshments served)

TEEN CLASSES

Beginning Knitting Ages 10-adult

This class is designed for first-time knitters. Students will be taught the basics of knitting. This class is appropriate for ages 10 to adult. Participants will knit a scarf and hat! Join the fun!

Instructor: Lynne Hoffman

Location: Teen Center

150610-A Class Dates: Saturdays, October 13-November 10

Time: 9-11am

Fees: R: \$56 / NR: \$66

A \$30 material fee is due to the instructor on the first class.

Knitting Workshop Ages 10-adult

This series of workshops are designed to offer help or to get advice on your current projects. Sign up for one, two, three or all four Saturdays!

Instructor: Lynne Hoffman

Location: Teen Center

150610-B Sat, October 13 12 noon-2pm

150610-C Sat, October 20 12 noon-2pm

150610-D Sat, October 27 12 noon-2pm

150610-E Sat, November 10 12 noon-2pm

Fees: R: \$14 / NR: \$24



Do you have a favorite hobby or natural talent? The City of Falls Church is looking for new and exciting Special Interest Classes. Your hobby class could be the next exciting class offered in our upcoming Schedule of Classes. Please submit a proposal to dwright@fallschurchva.gov.

Tots, Kids, and Youth Tennis

TOTS, KIDS, AND YOUTH TENNIS LESSONS

Tennis Everyone!

FirstServe Tennis Academy is back for another exciting year of first-rate instructional tennis programs for players of all abilities ages 4-adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. New programs have been added this year for students of all ages and levels. Also, lessons by appointment are available so you can set up a lesson plan that fits in your schedule. Whatever your level of play, you are just a few hours of FirstServeTennis instruction away from a lifelong love of tennis!

Students should bring water to every session! Tennis rackets are required for all students!

LOCATION FOR ALL WEDNESDAY CLASSES: CAVALIER TRAIL PARK.

LOCATION FOR ALL THURSDAY CLASSES: GEORGE MASON HIGH SCHOOL.

Contact FirstServe Tennis Academy for program, racket and equipment recommendations. Call **703-867-1970** or visit **www.tenniseveryone.net** for more information.

TOTS, KIDS, AND YOUTH SPRING LESSON PROGRAM

Intro to Tennis Ages 4-5

A tennis introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball and racket. A tennis racket is required.

120901-A Wednesdays, 1:15-2pm

5 sessions: Wednesdays, September 12-October 10 (Rain dates/Bonus play dates: Wednesday, October 17 and 24)

Fees: R: \$90 / NR: \$100 (Maximum: 4 students per instructor) (Max 8)

120901-B Thursdays, 2:15-3pm

5 sessions: Thursdays, September 13-October 11 (Rain dates/Bonus play dates: Thursday, October 18 and 25)

Fees: R: \$90 / NR: \$100 (Maximum: 4 students per instructor) (Max 8)

Tennis I (Fundamentals) Ages 6-8

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes.

120902-A Wednesdays, 2-3 pm

5 sessions: Wednesdays, September 12-October 10 (Rain dates/Bonus play dates: Wednesday, October 17 and 24)

Fees: R: \$90 / NR: \$100 (Maximum: 6 students per instructor) (Max 12)

Tennis I (Fundamentals – Early PM session) Ages 8-10

120902-B Wednesdays, 3-4pm

Same as above (Max 12)

Tennis I (Fundamentals) Ages 10-13

120902-C Wednesdays, 4-5pm

Same as above (Max 12)

Tennis II: Intro to Competitive Tennis

Ages 7-10

The program is designed to help younger players along the path to high school tennis through match-based games and drilling. For players who have mastered the basic strokes covered in Tennis I.

120902-D Wednesdays, 5-6:30pm

5 sessions: Wednesdays, September 12-October 10 (Rain dates/Bonus play dates: Wednesday, October 17 and 24)

Fees: R: \$120 / NR: \$130 (Maximum: 6 students)

Tennis Team: Drill and Match Play League Ages 14 & up

Players in this program either have or are ready for competitive experience and wish to improve their game or to play high school tennis. Through advanced drilling and match play players develop a complete game. Emphasis placed applying skills in match play through tactics and strategy. All players will participate in weekly matches.

120903-A Thursdays, 3-5pm

5 sessions: Thursdays, September 13-October 11 (Rain dates/Bonus play dates: Thursday, October 18 and 25)

Fees: R: \$160 / NR: \$170 (Maximum: 8 students)

Tennis Team: Drill and Match Play League Ages 10-13

Each session balances drill work with match play in the format of a high school tennis practice. The program is designed to develop all the skills required of a high school tennis player. All players will participate in weekly matches.

120904-A Thursdays, 5-7pm

5 sessions: Thursdays, September 13-October 11 (Rain dates/Bonus play dates: Thursday, October 18 and 25)

Fees: R: \$160 / NR: \$170 (Maximum: 8 students)

**Tennis lessons also available by
appointment. See page 23.**

MIDDLE SCHOOL ACTIVITIES

Register early and prevent cancellations! The Falls Church Recreation and Parks Department is excited to offer Middle School trips for 5-7th graders. Join us for supervised fun with your friends. All trips will depart from the Falls Church Community Center and transportation is provided.

Mini Golf at Jefferson Falls

Think you're the next Tiger Woods or Annika Sorenstam? Prove your putting skills at Jefferson Falls Mini Golf. Please bring \$5 per game.



141411-A Trip Date: Wednesday, September 12

Time: 3:30-6:30pm

Fee: \$10

Hershey Park, Pennsylvania

Adventure to one of the top rated amusement parks in Northeastern America at Hershey Park, Pennsylvania! Whether it's the roller coasters, water parks or just plain chocolate that gets you, don't miss the festivities! Please bring extra money for food and souvenirs.

141451-A Trip Date: Saturday, September 22

Time: 8am-11pm

Fee: \$50

Spy Museum

James Bond eat your heart out! This museum isn't about Hollywood; instead it gives you the low down on the real life world of espionage! Engulf yourself in this mysterious world and who knows, maybe you'll even end up a spy.



141418-A Trip Date: Wednesday, September 19

Time: 3-8pm

Fee: \$28

Washington, DC National Zoo

A panda on the Potomac? Only at the Washington, DC National Zoo! Come explore the wildest of the world's wildlife with us. Please bring \$5 for metro and food/souvenirs.

141452-A Trip Date: Thursday, September 27

Time: 3-7pm

Fee: Free



Old Town Scavenger Hunt

Calling young adventurers! Time to hunt through the brick lined streets of Old Town Alexandria for clues and facts about our first president, George Washington. Literally walk in his footsteps as you hunt through the historic places of old town! Hunt maps are \$4 each.

141473-A Trip Date: Wednesday, October 3

Time: 3-8pm

Fee: \$12

Ultimate IMAX and Planetarium

Imagine experiencing the wonders of the galaxy from the comforts of a reclining chair and then encountering the ultimate multimedia environment all in one place. Sound great? Then join us at the Smithsonian Udvar-Hazy Center for an IMAX film and planetarium adventure. Please bring \$10 the day of trip for IMAX movie tickets.

141403-A Trip Date: Wednesday, October 10

Time: 1-7pm

Fee: \$14

Wakefield Skate Park

Calling all Tony Hawks, come test your skills and show what you got at the Wakefield Skate Park. There's a little something for everyone there, including vert, freestyle and street. Helmets required for all. Elbow and knee pads are required for everyone (pads are available for rent at \$2 each).

141444-A Trip Date: Wednesday, October 17

Time: 3-8pm

Fee: \$10

Six Flags America: Fright Fest 2007

Come see Six Flags as you never have before during its annual Fright Fest, where the entire amusement park is transformed into a spooky wonderland. Ride your favorite rides and enjoy the festivities! One meal voucher included in price.



141408-A Trip Date: Saturday, October 20

Time: 10am-10pm

Fee: \$45

Kings Dominion Fear Fest 2007

Halloween is that time of the year when King's Dominion turns itself into a magical place of fun and frights so don't miss this great opportunity to enjoy the sights and sounds with all your friends! A full day and evening of delight to be had by all, join in on the fun!

141404-A Trip Date: Saturday, October 27

Time: 10am-10pm

Fee: \$40

Original Ghost and Graveyard Tour

Follow an 18th century guide through Alexandria by lantern-light while he regales you with tales of unsolved mysteries, vengeful ghosts and other folklore about historic Alexandria. Enjoy a quintessential Halloween experience and perhaps even see a ghost or two! Please bring \$5 the day of the event.

141422-A Trip Date: Monday, October 29

Time: 6-10pm

Fee: \$10

Skyline Caverns

A true wonder of nature just a short romp down I-66! Prepare yourself to be awed by these majestic caverns filled with some of the best creations nature has to offer! Don't miss out!

141472-A Trip Date: Tuesday, November 6

Time: 9am-6pm

Fee: \$35

Skatequest Ice Skating

Brian Boitano and Michelle Kwan? Never heard of them! Lets see what you can do out on the ice at Skatequest. Enjoy music and skating games at the most rocking ice rink in town. Please bring \$5 for admission.

141453-A Trip Date: Wednesday, November 14

Time: 3:30-8pm

Fee: \$15

ESPN Zone

Dan Patrick and Stuart Scott eat your heart out! Experience the ultimate sports news emersion and play their huge selection of sport related interactive games! Please bring money for metro, games and food.

141413-A Trip Date: Wednesday, November 28

Time: 3-8pm

Fee: Free

Ultrazone Laser Tag

Take cover! Lasers are everywhere in this competitive romp through 21st century technology. Contend against the other team while you vie for top score over your team mates! \$6 per game.

141419-A Trip Date: Wednesday, December 5

Time: 3-7pm

Fee: \$15

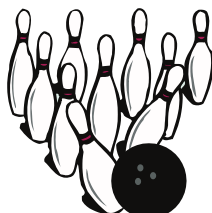
Cosmic Bowling

Darkness, glowing pins, fog, lasers and music, what else could you ask for!? Cosmic bowling excels as a unique entertainment experience in the amusement universe, so bring your friends and blast off! You won't be disappointed! \$4 per game.

141417-B Trip Date: Friday, December 21

Time: 8:30pm-12 midnight

Fee: \$13



TEEN CENTER

The Teen Center, housed at the Falls Church Community Center, is open exclusively for teens daily from 3-6pm and during early release Wednesdays. The drop-in Teen Center features a pool table, ping pong table, internet access, large screen television with cable access, lounge chairs, and a stereo system with surround sound. A Play Station 2 with a variety of games is available for teen use. Every Tuesday free snacks are provided and a new release movie is shown on the big screen television. Come hang out with your friends in a fun and supervised atmosphere. For more information regarding activities, please call the Teen Center office.

Middle School Dances

This school year will feature middle school jams that you don't want to miss! Come dance the nights away at the Falls Church Community Center. Dances will be held on the following dates below. Parents must sign participants out of the dance.

Dates: Saturdays, September 22, October 13, November 10, December 8

Time: 7:30-10:30pm **Fee:** \$3

Midnight Madness

Where can you play cool games and tournaments, eat lots of food, watch funny movies, and hangout with friends? Only at Midnight Madness! Here's your chance to have fun and be safe. Once you enter the facility, you may not leave without a parent.

Dates: Fridays, September 28, October 19, November 16, December 14

Time: 7pm-12 midnight **Fee:** Free

Teen Council

Want to make a difference in the community? Join the Falls Church Teen Council if you are interested in organizing events, working with children and seniors, and having fun at monthly socials and much more. Members will determine the meeting dates and times. The first meeting will be held Monday, October 15, 2007 at 4pm in the Teen Center.

140702-A Date: Monday, October 15

Time: 4pm **Fee:** Free

Girl Power

Girl Power promotes healthy life choices for girls ages 9-14. The main goal is to develop each girl's natural strengths so that you will be better able to deal with challenges you will face in life. This is a 32-week program will meet once a week for about an hour and a half. Each week will feature group sessions discussing educational and skill building lessons. There will be community service projects, activities to help participants learn healthy behaviors, avoid risks, and develop positive leisure activity interests. Information will be given regarding alcohol, tobacco, and other drugs. An interest meeting will be held Thursday, October 4, 2007 at 4pm in the Teen Center.

141704-A Date: Thursday, October 4

Time: 4pm **Fee:** Free



Do you have a favorite hobby or natural talent? The City of Falls Church is looking for new and exciting Special Interest Classes. Your hobby class could be the next exciting class offered in our upcoming Schedule of Classes. Please submit a proposal to dwright@fallschurchva.gov.

Teen Activities

HIGH SCHOOL ACTIVITIES

Kayaking with LL Bean

Crave to escape the grinds of the suburban jungle and cut loose to the outdoors? Join us and LL Bean on a kayaking adventure where you can escape the busy city and learn about the dynamic indigenous life of the Mid-Atlantic! Please bring \$15 for the activity fee the day of the trip.

141410-A Trip Date: Saturday, September 8

Time: 1-7pm

Fee: \$15

Washington Nationals Game

They might not be heading to the World Series yet, but the Washington Nationals are certainly one of the most surprising and exciting teams to watch, especially shaking RFK stadium on those old school metal bleachers! Come watch them battle it out with the Atlanta Braves. Registration ends September 4th.

141432-A Trip Date: Friday, September 14

Time: 5pm-12 midnight

Fee: \$45

Hershey Park, Pennsylvania

Adventure to one of the top rated amusement parks in Northeastern America at Hershey Park, Pennsylvania! Whether it's the roller coasters, water parks or just plain chocolate that gets you, don't miss the festivities! Please bring extra money for food and souvenirs.

141451-B Trip Date: Saturday, September 22

Time: 8am-11pm

Fee: \$50



Mini Golf at Jefferson Falls

Think you're the next Tiger Woods or Annika Sorenstam? Prove your putting skills at Jefferson Falls Mini Golf. Please bring \$5 per game.

141411-B Trip Date: Monday, September 24

Time: 3:30-6:30pm

Fee: \$10



Washington, DC Segway Tour

Have you seen those zany, 2-wheeled contraptions zipping around the city? Why they're Segways of course! Want to try out this awesome new form of transport while touring the sites of Washington, DC? Then check out the Washington, DC Segway Tour! Must be over 16 years of age to attend. Please bring \$5 for metro.

141450-A Trip Date: Friday, October 5

Time: 4-9pm

Fee: \$65

Hogback's Paintball

Take up arms and clash with your friends at a top rated paintball resort in the area. Nestled in the Shenandoah, well out of the city, Hogback's Mountain Resort is the perfect place to paintball the day away! Please bring money for lunch and extra paintballs.

141488-A Trip Date: Monday, October 8

Time: 9am-7pm

Fee: \$60

DC United Vs Chicago Fire

Are you prepared for 90 minutes of nonstop action at RFK stadium as these two titans of the MLS clash? Whether a veteran fan or a first timer, you don't want to miss this showdown as the season winds down. Bring extra money for stadium snacks and beverages.

141483-A Trip Date: Saturday, October 13

Time: 6-10pm

Fee: \$35

Six Flags America: Fright Fest

Come see Six Flags as you have never before during its annual Fright Fest, where the entire amusement park is transformed into a spooky wonderland. Ride your favorite rides and enjoy the festivities!



141408-B Trip Date: Saturday, October 20

Time: 11am-10pm

Fee: \$45

Kings Dominion Fear Fest

Halloween is that time of the year when King's Dominion turns itself into a magical place of fun and frights so don't miss this great opportunity to enjoy the sights and sounds with all your friends! A full day and evening of delight to be had by all, join in on the fun!

141404-B Trip Date: Saturday, October 27

Time: 10am-10pm

Fee: \$40

Corn Maze at the Plains

Enjoy getting lost in this old fashion corn maze. Escape the hustle and bustle of the city, see the fall colors and grab some delicious organic food. Experts claim to get through it in less than 40 minutes, dare you challenge them? Bring \$5 the day of the event for admission.

141433-A Trip Date: Saturday, November 3

Time: 7-10pm

Fee: \$13

Rock Creek Park Horseback Riding

It's been almost 30 years since someone won the Triple Crown, maybe you're the next jockey to do it! Come out to Rock Creek Park and try horseback riding; no experience necessary!

141460-A Trip Date: Monday, November 5

Time: 3-9pm

Fee: \$45

Sportrock

Always wanted a chance to learn how to rock climb but never had the means? Then try Sportrock's beginner indoor rock-climbing class where you can learn basic climbing skills and, of course, hit their massive indoor rock walls. An easy way to approach an otherwise difficult hobby! Age 14 or older.



141421-A Trip Date: Friday,

November 9

Time: 3-7pm

Fee: \$40

ESPN Zone

Dan Patrick and Stuart Scott eat your heart out! Experience the ultimate sports news emersion and play their huge selection of sport related interactive games! Please bring money for metro, games and food.

141413-A Trip Date: Wednesday, November 21

Time: 3-7pm

Fee: Free

Skatequest Ice Skating

Brian Boitano and Michelle Kwan? Never heard of them! Lets see what you can do out on the ice at Skatequest. Enjoy music and skating games at the most rocking ice rink in town. Please bring \$5 for admission.

141453-A Trip Date: Monday, November 26

Time: 3:30-8pm

Fee: \$15

Washington Wizards

MCI center calling! Gilbert Arenas (Agent Zero!), Antawn Jamison and Caron Butler are on the warpath and won't be stopped! Come watch the "wizardry" unfold. Please bring money for metro and snacks.

141455-A Trip Date: TBA

Time: TBA

Fee: TBA



Washington Capitals

Take the opportunity to see Alexander Ovechkin and his Russian team mate Alexander Semin as they look to thrust the always feisty Capitals into the playoffs! Please bring money for metro and snacks.

141457-B Trip Date: TBA

Time: TBA

Fee: TBA

Cosmic Bowling

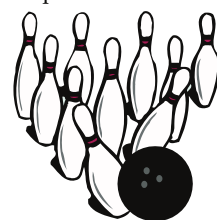
Darkness, glowing pins, fog, lasers and music, what else could you ask for!? Cosmic bowling excels as a unique entertainment experience in the amusement universe, so bring your friends and blast off! You won't be disappointed! \$4 per game.

141417-A Trip Date: Friday,

December 14

Time: 9pm-12midnight

Fee: \$13



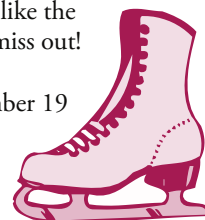
Ice Skating at Smithsonian Mall

It's a Winter Wonderland! Bundle up and head for this outside ice rink where you can see the magical Washington downtown in Christmas decorations! There's no place like the nation's capital during the holidays, don't miss out! Bring \$5 for Metro.

141401-A Trip Date: Wednesday, December 19

Time: 3-7pm

Fee: \$10



Falls Church Kiwanis Little League (FCKLL)

Falls Church Kiwanis Little League (FCKLL) offers boys and girls ages 5-12 an opportunity

to learn the game of baseball, understand the value of teamwork and experience what good sportsmanship is all about. Registration for the 2007 fall season is now open. Fall ball puts extra emphasis on player development and players often "play up" a level to sample what next year's spring season will bring. Teams will be formed the second week of August and the season runs through October.

Register online at www.FCKLL.org or call Falls Church Kiwanis Little League at 703-893-4619.

Youth and Adult Sports

YOUTH SPORTS



Fall Soccer Ages 5-14

Registration: July 23-August 18. Teams will be formed by age groups and will participate in the Arlington Soccer Association. Practices and games will be held at nearby fields: times vary by team.

Volunteer coaches are needed!

Start-Smart Soccer Clinic Ages 3-4

Registration: July 23 until clinic is filled. Start Smart Soccer is a developmentally appropriate introductory soccer program for children 3-4 years old. The program prepares children for organized soccer in a fun, non-threatening environment. Start Smart Soccer prepares children and their parents for organized soccer without the threat of competition or the fear of getting hurt. Parent participation required.

NFL Youth Flag Football Grades 2-7

Registration: July 9-August 17. This program will be a non-contact 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment.

NFL Youth Football Pepsi Punt, Pass, & Kick Ages 8-15 as of December 31, 2007

Date: September 29 **Time:** 3:30pm

Location: George Mason High School Stadium Field

What is Punt, Pass, & Kick? It is an opportunity for boys and girls ages 8-15 to compete separately against their peers in a fun environment. The kids will compete in three activities (punting, passing, and place kicking). The competition is free and a great opportunity to come out and compete with your friends.

House League Basketball Ages 3-17

Registration: October 1-28. Teams will be formed by age groups and drafted into teams and will participate in our winter house league. Practices and games will be in area gyms; practices and game times vary by teams and are subject to coaches' availability. Volunteer coaches and paid referees are needed. Basketball clinics are offered for boys and girls ages 3-6.

Select League Basketball

Age Groups - Boys/Girls 10 & under, 11 & under, 12 & under, 13 & under

Registration: Players will register once accepted to a team. For those interested in a more competitive and challenging basketball environment, Falls Church Recreation & Parks will sponsor several teams in the FCYBL Select Basketball League. All players will be required to tryout and be selected to the age appropriate team. Tryouts will start the week of October 1st.

ADULT SPORTS

Fall Volleyball

Registration: July 16-August 12 – Various levels of competition are offered.



Fall Adult Basketball

Registration: July 16-August 12 – Various levels of competition are offered. Call **703-248-5077** for registration form, fees and league rule information.



Fall Adult Co-ed Soccer

Registration: July 16-August 12
League will play on Sunday evenings starting in September. Games start the weekend of August 26th.

City Tennis Tournament

Calling all city residents and employees! Come test your tennis skills in the 2007 Falls Church City Tennis Tournament. Registration is going on now through September 14th. Tournament runs September 17-October 21. Players schedule their own matches within a specified amount of time.

Winter Adult Basketball

Registration: October 8 – November 18. Various levels of competition are offered and play begins in January. Games are primarily on Sundays with some weeknight games. Registration is on a team-basis only and team members must be 18 years or older. Call **703-248-5077** for registration form, fees and league rule information.



If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

ADULT TENNIS CLASSES

City of Falls Church / FirstServe Tennis Academy Fall 2007 Tennis Program Tennis Everyone!

FirstServe Tennis Academy is back for another exciting year of first-rate instructional tennis programs for players of all abilities ages 4-adult! Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a friendly, fun and supportive environment. By keeping class size small, students benefit from individual attention that leads to quick results. New programs have been added this year for students of all ages and levels. Also, lessons by appointment are available so you can set up a lesson plan that fits in your schedule. Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis!

Students should bring water to every session! Tennis rackets are required for all students!

LOCATION FOR ALL WEDNESDAY CLASSES: CAVALIER TRAIL PARK.

LOCATION FOR ALL THURSDAY CLASSES: GEORGE MASON HIGH SCHOOL.

Contact FirstServe Tennis Academy for program, racket and equipment recommendations.
Call **703-867-1970** or visit www.tenniseveryone.net for more information.



Adult Beginner AM: Tennis I

150906-A Wednesdays, 9:30-10:45am

5 sessions: Wednesdays, September 12–October 10 (Rain dates/Bonus play dates: Wednesday, October 17 and 24)

Fees: R: \$125 / NR: \$135 (Maximum: 4 students per instructor) (Max 8)

Adult Advanced Beginner AM: Tennis II

150907-A Wednesdays, 10:45am-12Noon

Same as above. (Max 8)

Adult Beginner PM: Tennis I

150906-B Wednesdays, 6:30-8pm

5 sessions: Wednesdays, September 12–October 10 (Rain dates/Bonus play dates: Wednesday, October 17 and 24)

Fees: R: \$150 / NR: \$160 (Maximum: 4 students per instructor) (Max 8)

Adult Advanced Beginner PM: Tennis II

150907-B Thursdays, 7-8:30pm

5 sessions: Thursdays, September 13–October 11 (Rain dates/Bonus play dates: Thursday, October 18 and 25)

Fees: R: \$150 / NR: \$160 (Maximum: 4 students per instructor) (Max 8)

Adult Intermediate/Advanced PM: Tennis III

150908-A Thursdays, 8:30-10pm

Same as above. (Max 4)

TENNIS LESSONS by APPOINTMENT

Contact FirstServe Tennis Academy directly to set up time and dates for individual, semi-private and private group lessons. Call **703-867-1970** or visit www.tenniseveryone.net for more information.

Fees:

Private (one student): \$55/hr (\$180 for 4 one-hour lessons)

Semi-Private (two students): \$35/hr/student (\$130 per student for 4 one-hour lessons)

Small Group (3 students): \$30/hr/student (\$110/student for 4 one-hour lessons)

Small Group (4 students): \$25/hr/student (\$90/student for 4 one-hour lessons)

Large Groups/Special Events/Birthday Parties, etc. (Contact FSTA)

30-minute prorated lessons are available for ages 4-6.

March 1-November 1; Ages 4 through Adult; register directly with FirstServe Tennis



Adult Fitness Classes

ADULT FITNESS CLASSES

Noon Workout

Get a great lunchtime workout. Class incorporates a variety of aerobic and strength training activities including weights, floor exercises, steps and kickboxing techniques.

Instructor: Pam Doran

Location: Community Center

150407-A Class Dates: Tuesdays and Thursdays, September 18-December 20 (No class September 25 and 27, November 22)

Time: 12:10-1pm

Fees: R: \$175 / NR: \$185

Step Aerobics

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Instructor: Pam Doran

Location: Mt. Daniel Gymnasium

150404-A Class Dates: Mondays and Wednesdays, September 17-December 12 (No class October 8 and November 12)

Time: 6:30-7:30pm

Fees: R: \$168 / NR: \$178

Body Toning

This 60 minute class starts with a low-impact warm-up, followed by light weights and resistance work to sculpt and tone all body parts, both upper and lower. This workout also includes abs and back exercises to balance out the body and increase torso strength. A final stretch, cool down and relaxation conclude the work-out.

Instructor: Eileen Cutrona

Location: Mt. Daniel Gymnasium

150405-A Class Dates: Tuesdays and Thursdays, September 18-December 13 (No class November 22)

Time: 6:30-7:30pm

Fees: R: \$175 / NR: \$185

CLASS CARDS!

Can't commit to an entire session of step aerobics? Want to take a variety of classes, but not sure which ones? The Falls Church Class Card is for you! The card entitles you to take the following classes:

Step Aerobics, Body Toning, Noon Workout & Kickboxing

Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$70 / NR: \$80 Senior Residents: \$35

Rise and Shine Step Aerobics

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Instructor: Pam Doran

Location: Community Center Dance Studio

150404-B Class Dates: Saturdays, September 22-December 15 (No class November 24)

Time: 9-10am

Fees: R: \$84 / NR: \$94

Kick Boxing Aerobics

Kick and punch out stress through an aerobic workout. Class includes warm-up, calisthenics and skill development: kicks, punches, jabs, hooks, uppercuts and combinations. Wrist wraps will be provided.

Instructor: Pam Doran

Location: Mt. Daniel Gymnasium

150417-A Class Dates: Tuesdays, September 18-December 11

Time: 7:30-8:30pm

Fees: R: \$91 / NR: \$101



Jazzercise is Going on Now!

Fitness, friendship and fun! Jazzercise-the original dance fitness class. Exercise at your own intensity level and enjoy choreographed aerobics followed by strength training. Students will need to purchase a mat and hand weights. Register at the class. Many options available including, daily and monthly cards.

Jazzercise is now offering Personal Training sessions. Please call **703-912-1748** for more information.



Low-Impact Aerobics

This class offers a gentle cardio workout combining aerobics, dance, Pilates and yoga movement patterns. Emphasis is on form, muscle elongation and injury prevention. Look better, feel better and enjoy the benefits of working with ease!

Instructor: BodyMoves Fitness

Location: Community Center Gymnasium

160401-A Class Dates: Mondays, September 17-December 3 (No class September 24, October 8, November 12)

Time: 9:15-10:15am

Fees: R: \$63 / NR: \$73

YOGA CLASSES

Yoga for Fitness

This class introduces participants to fundamentals of yoga practice—including asanas (poses), breathing techniques, and body awareness—and is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work to safely and gently increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Instructor: BodyMoves Fitness

Location: Community Room

150401-A Class Dates: Tuesdays, September 18-December 4
(No class November 6)

Time: 8-8:55pm

Fees: R: \$132 / NR: \$142

150410-A Class Dates: Mondays, September 17-December 3
(No class October 8, November 12)

Time: 12 noon-12:55pm

Fees: R: \$90 / NR: \$100

Gentle Yoga

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program!

Instructor: BodyMoves Fitness

Location: Community Room

150402-A Class Dates: Fridays, September 21-December 7
(No class November 23)

Time: 12:15-1:15pm

Fees: R: \$99 / NR: \$109

NEW TIME! 150402-B Class Dates: Thursdays,
September 20-December 6 (No class September 27, October 4,
November 22)

Location: Community Center Gym **Time:** 9:30-10:25am

Fees: R: \$81 / NR: \$91

Pilates with Props

Pilates with Props employs small apparatus including Resistance Rings, Flex Bands, Sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss Ball. (Material fee in class to purchase a burst-resistant, 55 cm ball from instructor or bring your own.)

Instructor: BodyMoves Fitness

Location: Community Room

150409-A Class Dates: Tuesdays, September 18-December 4
(No class November 6)

Time: 7-7:55pm

Fees: R: \$168 / NR: \$178

Yoga for Every Body

Feeling stressed? Join long-time Falls Church instructor Sharon “Sam” A. Meehan and learn to breath, stretch and relax. This gentle traditional approach to yoga is guaranteed to reduce stress while increasing your strength, flexibility and stamina. You can improve your health and well being through yoga postures, breath techniques and deep relaxation to calm the mind and relax the body. Regular practice of yoga brings balance to the body, mind and soul. Class is suitable for all levels and abilities.

Instructor: Sharon “Sam” Meehan, RyT

Location: Community Room

150411-A Class Dates: Thursdays, September 6-October 18
(No class September 27)

Time: 7:15-8:45pm

Fees: R: \$60 / NR: \$70

150411-B Class Dates: Thursdays, November 1-
December 13 (No class November 22)

Time: 7:15-8:45pm

Fees: R: \$60 / NR: \$70

Yoga for Life

This new class will incorporate the 5 Tibetan Rites, inversions, the Sun Salutations, and hatha yoga poses which target specific parts of the body for attention: with toning, stretching and relaxation. This class will encourage people to establish a concise daily practice and help people to bring a relaxed and energetic approach to their daily lives. We will explore the power of visualization and relaxation to effect positive change in yoga practice and in life.

Instructor: Unyong Kim Waide **Location:** Community Room

150400-A Class Dates: Wednesdays, September 12-
December 12 (No classes October 31, November 21)

Time: 7:30-8:30pm

Fees: R: \$144 / NR: \$154

Yoga for Busy People Lunchtime class

This new daytime class includes several concise yoga exercises doable in 5-10 minutes of daily practice: the 5 Tibetans, inversions, and Sun Salutations. Students will be assisted to establish a concise daily practice in the midst of their busy lives. Additional poses and exercises will be taught to help students take yoga off the mat and into their lives, to help students de-stress, and de-tense in the midst of a workday. Wear comfortable clothing, avoid heavy eating before class.

Instructor: Unyong Kim Waide **Location:** Community Room

150403-A Class Dates: Thursdays, September 13-
December 13 (No class November 22)

Time: 12:15-1pm

Fees: R: \$144 / NR: \$154

Also see Yoga for Little Ones and Mom and Toddler Workout, page 10.



Adult Fitness Classes

Tai Chi: Wu Style

Tai Chi is the perfect exercise. The slow, flowing movements strengthen your legs, increase your balance, and develop your body awareness. Health benefits of Tai Chi include: more efficient breathing, reduced blood pressure, increased bone density, and enhanced flexibility. The form is easy to learn and takes approximately 5 minutes to practice, but it can be repeated as many times as you desire. Wu style Tai Chi is famous for its health benefits and meditative effects. No athletic ability is required. No mat work is involved.

Instructor: Keith Harrington

Location: Community Room

150503-B Class Dates: Mondays, September 10-November 26 (No class October 8 and November 12.)

Time: 6:30-7:30pm

Fees: R: \$120 / NR: \$130

Chi Kung: Opening the Energy Gates

Chi Kung (a.k.a. Qigong) refers to traditional Chinese health exercises which are practiced daily by millions of people around the world. Chi Kung exercises come from the same family of energy exercises as Tai Chi, but they involve multiple repetitions of simple moves rather than Tai Chi's more elaborate choreography. These exercises are so popular because they are easy to learn and are as effective as Tai Chi in improving your health and releasing your stress. In this class, you will learn the Chi Kung set known as Opening the Energy Gates of Your Body. As part of this set you will work directly with your energy (Chi) to balance your energy and gently open up your body, releasing areas of stiffness and discomfort. No athletic ability is required. No mat work is involved.

Instructor: Keith Harrington

Location: Community Room

150503-A Class Dates: Thursdays, September 13-November 15 (No class November 22.)

Time: 10-11am

Fees: R: \$120 / NR: \$130

Beginning and Intermediate Karate

Try this class for self confidence, exercise, and fun. Children and adults (including parents) are welcome. Class is appropriate for **ages 9 and older**. Students are taught fundamentals of self defense including blocks, punches, and kicks common to many styles of martial arts, as well as formal forms (katas) based on traditional Korean martial arts. Continuing students learn more techniques and katas. Progress is at the student's own pace. There are no other costs (beginning students are not required nor expected to have uniforms, continuing students do need uniforms). More information is available at <http://www.StratfordKarate.org>.

Instructor: Bill Kennedy

Location: Dance Studio

120502-A Class Dates: Mondays, September 17-December 10 (No class October 8 and November 12)

Time: 7-8pm (beginning)

Fees: R: \$84 / NR: \$94

120502-B Class Dates: Mondays, September 17-December 10 (No class October 8 and November 12)

Time: 8:15-9:15pm (intermediate)

Fees: R: \$84 / NR: \$94

Advanced Karate

This class is focused on advancing student techniques in the Korean martial arts style of Tang Soo Do. Appropriate for **ages 13 and older**. Students will build on fundamentals learned in the Beginning and Intermediate programs. Belt level advancement is based on each student's pace. Uniforms and sparring equipment are required. More information is available at <http://www.StratfordKarate.org>.

Instructor: Rick Hathaway

Location: Dance Studio

150502-A Class Dates: Thursdays, September 20-December 13 (No class November 22)

Time: 7-8pm

Fees: R: \$91 / NR: \$101

Black Belt Karate Ages 16 and older

This class is specifically for Black Belts of any style and is appropriate for **ages 16 and older**. The class will explore martial arts beyond the first Black Belt degree (dan). Black Belt forms (katas) necessary for second dan in Tang Soo Do will be taught along with some weapons katas. Students will be encouraged to teach advanced techniques to the rest of the class. This seminar-style class will be led by two 3rd dan Tang Soo Do instructors and advanced "guest" instructors for the local area, as available. More information is available at <http://www.StratfordKarate.org>.

Instructor: Bill Kennedy and Rick Hathaway

Location: Dance Studio

150502-B Class Dates: Thursdays, September 20-December 13 (No class November 22)

Time: 8:15-9:15pm

Fees: R: \$91 / NR: \$101



NEW!

Join the Falls Church Community Center for fun fall destinations. The Recreation and Parks Department is now offering bus trips to a variety of destinations. Come out and join us for a great time. Listed below is a brief description of upcoming fall trips for those 18 and older. All trips will depart from and return to the Falls Church Community Center. The Community Center bus is handicap accessible. Tickets are distributed the day of the trip. All trips are rain or shine! Return times are approximate. Register for all trips at the Falls Church Community Center. For information, call 703-248-5077. Trips are subject to cancellation. Trips are subject to cancellation.

ADULT ACTIVITIES

DC Shorts Film Festival



DC Shorts turns the spotlight on truly independent short films from all over the globe, created by new and established filmmakers in an era when the art of filmmaking is opening to all. Don't miss this great opportunity to see some of the best amateur film making the world has to offer. Please bring \$12 cash at the time of registration for admission.

151401-A Trip Date: Thursday, September 13
Time: 5-10pm
Fee: \$15

Virginia Scottish Games

Ever seen a man hurl a keg over a bar suspended nine feet above the ground? If the answer is "no" then you should come check out the Virginia Scottish Games at Sky Meadows Park! Scottish food, crafts and, of course, bagpipes will be found along with the actual competition of various heavy lifting events. Come check out what everyone's talking about! Please bring \$15 cash for admission the day of registration.

151402-A Trip Date: Saturday, September 15
Time: 9am-6pm
Fee: \$20

National Book Festival

Washington, DC's National Book Festival is one of the largest book festivals in the entire United States. With hundreds of authors and vendors attending, the festival is perfect for discovering new great reads and meeting new authors. Set on the Washington Mall, what a way to spend an Autumn Saturday!

151403-A Trip Date: Saturday, September 29
Time: 12 noon-5pm
Fee: \$10



Fall Wine and Sunset Festival

Did you know our founding father, George Washington was an amateur wine maker? It's true, now you have a chance to explore Mount Vernon along with its wine cellars while enjoying the finest Virginia's wineries!

151404-A Trip Date: Saturday, October 6
Time: 5-10pm
Fee: \$40

Fall Fashion Extravaganza

Get a jump on your holiday shopping! Take advantage of the mega savings at Springfield Mall's Fall Fashion Extravaganza. Designer brands all at non-designer prices. You can't afford to miss this sale!

151405-A Trip Date: Friday, October 19
Time: 12 noon-5pm
Fee: \$12

Bodies...The Exhibition

This Chinese exhibition held at The Dome in Roslyn presents the body like you've never seen it before. Using ancient embalming techniques, the exhibit has actual human bodies and body parts, perfectly preserved to portray the beauty and complexity of the human body.

151406-A Trip Date: Saturday, October 20
Time: 12 noon-5pm
Fee: \$40

Halloween Monster Bash

This is the largest Halloween party in the Washington, DC area. Need more be said? Held at the Clarendon Ballroom, this fiesta of epic proportions contains music, costume contests and more. Must be 21 years old to attend.

151407-A Trip Date: Saturday, October 27
Time: 9pm-2am
Fee: \$35

Bob Saget Live

Remember the loveable, moral inducing father from Full House? Or the epic commentator from America's Funniest Home Videos? That Bob Saget is gone. Let's just say the new one is a little more...adult. Prepare to laugh and be appalled as this once innocent father has transformed into something else at the George Washington Lisner Auditorium.

151408-A Trip Date: Friday, November 9
Time: 7-11pm
Fee: \$45

Habib Koite Live

If you haven't heard of Habib Koite, don't panic. He may be the biggest name to come out of the African music scene since Ladysmith Black Mambazo group, but it's ok; here's your chance to familiarize yourself with his cool fusion of jazz, blues and African bush music. You do not want to miss this!

151409-A Trip Date: Monday, November 12
Time: 7-11pm
Fee: \$35

Adult Activities and Classes

A Christmas Carol

Would any holiday season really be complete without a rendition of the classic "A Christmas Story?" Join us at Ford's Theatre, one of the most famed theaters in all of Washington, as we view this classic tale of old Scrooge's redemption at Ford's Theater.

151410-A Trip Date: Thursday, December 13

Time: 6:30-11pm

Fee: \$65

Holiday Shopping DC Holiday Market

Got some last minute Christmas shopping to do? Try the DC Holiday Market for everything from local arts and crafts to local music and Christmas foods.

151411-A Trip Date: Saturday, December 22

Time: 12 noon-10pm

Fee: \$12

TRIP POLICIES Pre-registration is required on all trips. At least 14 people must be registered and paid by the deadline or the trip will be cancelled. If the trip is cancelled by the Falls Church Recreation and Parks Department, then your registration will be refunded. Trips depart from and return to the Falls Church Community Center. Plenty of parking is available. Participants must be at least 18 years of age and older.

BELLY DANCING Ages 16 & up

Students will learn new movements each class, building coordination, grade, strength, and flexibility. Come discover the joy of this organic dance form and celebrate movement through an ancient, life-embracing art! Learn and practice basic technique including proper stance and posture, arm carriage and patterns, fundamental shimmies, isolations, introductory undulations, and traveling steps. Choreography will be taught to incorporate new movements.

150204-A Belly Dancing

Mondays 7:30-8:30pm Dream in Color Studios

Fees: R: \$88 / NR: \$98

ENGLISH AS A SECOND LANGUAGE

Fall Session: Classes meet Monday and Wednesday from September 24 – December 12; No Class on October 8 and November 21

Class Options: Morning Classes taught from 10am-12pm at the Community Center; Evening Classes from 7-9pm at George Mason High School

Cost: \$40.00/person

Registration: September 10-21 from 9am-3pm at 803 W. Broad Street, Suite 320; No new registrations after October 1.

Questions: Contact Kate Seche 703.248.5616

ADULT CLASSES

Intermediate/Advanced Watercolor Painting the Exterior Space

Enhance your paintings with fabulous color. Continue the learning process of translating value into color. Learn to mix and paint luminous dramatic darks, create and use neutrals, fill your paintings with light and atmosphere. Learn to transpose an ordinary colored photograph into an unusual color scheme. The artist can select from landscapes, still life, or figures for their painting subjects. All lessons include demonstrations, critiques, and lots of individual attention. For supplies, wait for introductory class.

Instructor: Carolyn Grosse' Gawarecki

Location: Art Room

Section 1 and 2 are identical, just different dates!

150105-A Section 1 9:45am-12:30pm

Class Dates: Tuesdays, September 25, October 9, 23, and November 6, 27

(no class November 20)

150105-B Section 2 9:45am-12:30pm

Class Dates: Tuesdays, October 2, 16, 30, November 13, and December 4 (No class November 20)

Critiques and demonstrations every other week; students paint at home.

Fees: R: \$155 / NR: \$165

150106-A Section 3 1:15-3:30pm

Class Dates: Every Tuesday, September 25-December 4 (No class November 20)

Critique and demonstration one week, students paint in class the next week. The lessons are the same as Section 1 & 2.

Fees: R: \$200 / NR: \$210

Mood & Style Oil & Acrylic

Mixing colors, pallet knife and brush techniques will be taught with an emphasis on painting for enjoyment. Students must purchase own supplies; a supply list is available from the instructor on the first day of class. Beginning through advanced students are welcome.

Instructor: Lou Jones

Location: Art Room

150103-A Class Dates: Fridays, September 21-December 7 (No class November 23)

Time: 10:30am-12:30pm

Fees: R: \$154 / NR: \$164



Adult Classes and Falls Church Senior Center

Painting for Fun Oil & Acrylic

Mixing colors, pallet knife and brush techniques will be taught with an emphasis on painting for enjoyment. Students must purchase own supplies; a supply list is available from the instructor on the first day of class. Beginning through advanced students are welcome.

Instructor: Lou Jones

Location: Art Room

150103-B Class Dates:

Fridays, September 21-

December 7 (no class

November 23)

Time: 1-3pm

Fees: R: \$154 / NR: \$164



Do you have a favorite hobby or natural talent? The City of Falls Church is looking for new and exciting Special Interest Classes. Your hobby class could be the next exciting class offered in our upcoming Schedule of Classes. Please submit a proposal to dwright@fallschurchva.gov.

Dog Obedience

LEVEL 1 is designed to help establish understanding, joy and a fun relationship between you and your dog. Class includes obedience, home management, discipline and problem solving. The method employed uses affection and restraint. Check with the instructor before purchasing any new collar or leash to ensure a proper fit. Dogs must be at least four months old.

LEVELS 2, 3 & 4 will prepare the pet owner and their dog for off leash work with the basic commands. Owners and dogs must have completed a course in Level 1 obedience. Dogs must not display any type of aggression and must be under the control of their owners. Dogs must be at least 6 months old.

Dog must not display aggression of any kind and must be under control of their owners. Parents of children under the age of 16 taking the class, must get permission from the instructor before registering by calling 703-698-0203. ALL STUDENTS MUST BRING CURRENT SHOT RECORDS TO THE FIRST CLASS.

Instructor: Janice Morton

Location: Cavalier Tennis Courts (Washington St. & Maple Ave.)

Level 1

150701-A Class Dates: Thursdays, September 20-November 8

Time: 6:30-7:30pm

Fees: R: \$56 / NR: \$66

Level 2, 3 & 4

150702-A Class Dates: Thursdays, September 20-November 8

Time: 7:30-8:30pm

Fees: R: \$56 / NR: \$66

SPECIAL SENIOR PROGRAMS

September: Fall Fest

Thursday, September 27

October: Halloween Party

Wednesday, October 31



November: Thanksgiving Celebration

Thursday, November 15

December: Holiday Celebration

Thursday, December 13



Falls Church Senior Center

SENIOR CENTER ACTIVITIES

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Division of the Community Services Department. A wide range of recreational activities is offered Monday-Friday along with a lunch program available on Monday, Wednesday, and Friday. Please call 703-248-5020 for more information.

Hours of Operation: Monday-Friday, 9am-3pm

Aquatics Class

Come join us for great workout in the water. Water aerobics every Tuesday from 10:30-11:30am. Van leaves at 10am. Fees apply. Call 703-248-5020 for more details.

Game Day

Come every Friday from 9am-2pm for FUN and games.

Canasta

If you are up for the challenge, or would like to socialize and play a friendly game, come play Canasta with us every Monday from 10am-12:30pm.

Foreign Language Conversation Groups

Informal, drop-in groups meet weekly:

Tuesdays: German group 10am-12 noon
Italian group 1:30-3pm

Thursdays: French group 10am-12 noon
English group 1:30-3pm

All groups looking for new members.

Current Events

An informal group that meets the 2nd and 4th Monday of each month from 10-10:45am.

Briscola

Play an Italian card game every Thursday from 10am-12 noon.

Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge group meets at 10am and Friday's contract bridge group meets at 9am.



Walking Group

Meets every Thursday from 10am-12pm, except the first Thursday of the month, 10am-1pm (bring a bag lunch). Visit different parks.

Meet Me at the Movies

Meets the fourth Thursday of every month from 9am-12:30pm. Breakfast and movie included at Merrifield Theatre. See calendar for exact dates and movie titles. Transportation on your own.

Blood Pressure

2nd and 4th Tuesday of every month from 10-11:30am

Golden Age Bingo

Meets every Tuesday from 10am-1:30pm

Bingo

Meets every Wednesday from 10am-2pm.

Birthdays with Beryl

Join us on the 2nd Wednesday of the month at 12 noon to celebrate all the birthdays in the month with tasty treats.

Nutritionist

A nutritionist will provide healthy eating tips every 3rd Wednesday of the month at 12 noon.

Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Mixed Trivia

Join Senior Center staff and test your knowledge on the 1st and 3rd Monday from 10-10:45am.

Rummikub Challenge

Come every Thursday from 10am-2pm and play a friendly game of Rummikub with friends and staff.

Checkers Challenge

Every Wednesday at 10:30am.

Low-Impact Aerobics

This class offers a gentle cardio workout combining aerobics, dance, Pilates and yoga movement patterns. Emphasis is on form, muscle elongation and injury prevention. Look better, feel better and enjoy the benefits of working with ease!

Instructor: BodyMoves Fitness

Location: Gymnasium

160401-A Class Dates: Mondays, September 17-December 3 (no class September 24, October 8, November 12)

Time: 9:15-10:15am **Fees:** R: \$63 / NR: \$73

2007 Senior Olympics Celebrates 25th Anniversary

Mark your calendars! **Saturday, September 15**
Opening Ceremony/Track & Field
September 15-27 Events scheduled



Lunch Bunch

Join your friends once a month at 12:30pm. If using van transportation, van will leave at 11:45am (\$1). Responsible for own meal.

Monday, September 10	Silver Diner
Monday, October 15	Silverado
Monday, November 5	Red Lobster
Monday, December 10	Olive Garden

SENIOR TRIPS

September:	Jamestown Settlement, Thursday, September 20 Mt. Vernon Estate and Gardens, Thursday, September 6
October:	State Fair of Virginia, Wednesday, October 3 Fall Foliage Trip, TBA
November:	Bingo World, Thursday, November 8 Lunch and Tour of The Kennedy Center, Thursday, November 29
December:	Holiday Lights Trips, TBA Botanical Gardens, Thursday, December 6

Senior Trips using Fastran Transportation

Fee: \$1 **Time:** 10:15am-1pm
(Call 703-248-5020 for more details)



September	
Friday, September 7	Pentagon City Mall
Friday, September 14	Giant at Baileys Crossroads
Friday, September 21	Green Spring Gardens
Friday, September 28	Whole Fields at Fairlakes
October	
Monday, October 1	Shops at Shirlington
Friday, October 19	Wegmans
Monday, October 22	Ballston Common Mall
Monday, October 29	Kmart in Annandale
November	
Monday, November 5	Landmark Mall
Monday, November 12	Walmart at Fairlakes
Monday, November 19	Springfield Mall
Monday, November 26	Target at Fairlakes
December	
Friday, December 7	Tyson's Corner Mall
Friday, December 14	Harris Teeter at Barcroft Plaza
Monday, December 17	Fair Oaks Mall
Friday, December 28	Wegmans

ARMCHAIR TRAVEL

10:30am Fourth Friday of each month Presented by staff from the Mary Riley Styles Public Library in conjunction with the Falls Church Senior Center. Meet at the Community Center.

September 28, 2007: New York

(Running time: 100 minutes)

New York City is considered by many to be the most exciting place on earth with its stunning landscape, vibrant nightlife, and eclectic mix of residents. And the history of the "Big Apple" is as fascinating and colorful as the people you meet on its streets. Actor James Woods narrates this exciting chronicle of the city that never sleeps. Filmed in 2000, before the tragedy of September 11, you see the signs and sounds of New York City, sample its foods, and witness the ultimate Broadway show.



October 26, 2007: Alaska

(Running time: 40 minutes)

Narrated by Charlton Heston and the 1998 Academy Award nominee for Best Documentary, Alaska: Spirit of the Wild teases your eyes and senses with spectacularly beautiful land teeming with abundant wildlife. Experience explosive calving of glaciers and the celestial fires of the Aurora Borealis. Witness a thundering stampede of caribou, the beauty of the polar bear, and the stealthful, deadly hunt of the wolf pack. Join us for this epic adventure into the untamed grandeur of Alaska and embrace the Spirit of the Wild.



November and December 2007: No films due to holidays.

AARP Fifty Five Alive

A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two-day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP" for \$10.



To register or for more information, call 703-248-5077.

Instructor: Jack Nelson
Location: Falls Church Community Center
Class Meets: September 18 and 19 or November 14 and 15
Time: Class meets on both days from 10am-3pm
Fees: \$10 (discounts are not given)

Facility Rentals

The Falls Church Recreation and Parks Department welcomes the opportunity to serve you as a rental patron. Rooms in the Community Center, picnic shelters, and the Cherry Hill Farmhouse are available for rent to residents and non-residents, businesses and civic organizations.

Anyone wishing to rent space must fill out an "Application for Use of Facilities and Equipment" form, which is available at the Community Center and online at www.fallschurchva.gov. We will can also mail or fax it to you. Below are the general guidelines to follow when applying for rentals:

- Applicants must be at least 21-years-old.
- It is helpful to include set-up instructions and requests for any equipment that may be needed (example: number of tables and chairs, microphone, coffee pot, projector, etc.). Room layout diagrams are appreciated.
- Be sure to include your set-up and clean-up time in the reservation request. For example, if your event will be held from 2-4pm., you might need to get into the room at 1:30 to set-up your meeting materials or party decorations and then you might need a minimum of one-half hour afterwards to clean up, so your reservation request would be 1:30-4:30pm.

- Parties require a security deposit. The deposit will be returned if the rental facility is left in good condition and equipment is not damaged.
- Requests should be made as far in advance as possible. Requests to reserve rooms may be made up to four months in advance. **It takes approximately five business days to process requests.** Reservations are not final until the Director approves the request. Staff will contact you as soon as the reservation is approved. Do not send out notices or invitations until your request is approved.

For more information, visit www.fallschurchva.gov or call 703-248-5077. You can pick up a rental package at the Community Center, 223 Little Falls St.



223 Little Falls St.
Falls Church, VA 22046

PRESORTED
STANDARD MAIL
US POSTAGE
PAID
FALLS CHURCH, VA
PERMIT NO. 34

ECRWSS
RESIDENTIAL CUSTOMER